

## Liver Spirit

In holistic healing we talk of the mind, body, spirit connection. What that means is that all life has these dimensions and that they are interactive; each realm influences the other realms. To determine a course of treatment all levels must be supported and results are best when you have a grounded notion of where the problem is seated: is it issuing from a spiritual, mental/emotional or a physical misalignment. This applies to the person as a whole, as well as having ramifications in the organ/systems of the body.

That these relationships exist and that they determine treatment is something that natural healers have been working with for centuries and only recently do we see the fruits of the education initiative of holistic healers show itself in the mainstream. Today many people have this primary understanding of their health balance and function as being multidimensional. For instance, many people understand that there is a relationship between the liver and anger. This is so, however the relationship between the two deserves a little teasing out to be properly and usefully understood.

The liver is an organ in the body that has many essential physiological functions, like detoxification and the metabolism of fats, to name just two of more than fifty essential functions, on which our overall body is dependant. But there are ethereal and emotional qualities to the liver that also have a bearing on its health and function.

On a holistic level we understand that the liver is the organ of expressed energy. It supplies us with the get up and go to “do” the things we do. It puts the impulse or demand to “do” into action. Now , if we understand that every person has a “nature” and that that nature is demonstrated by certain impulses to life, we begin to see where the liver plays an essential part in our orientation to life itself.

Some people need to “do” creative things, some need to “do” social things, others need to “do” cerebral things. The specifics do not necessarily come from the liver but the impulse to put it into action is fueled by the liver. When a person thwarts, negates or undermines the impulse to “do” those things that are part of their nature, the liver gets the impulse and then has to hold back that impulse and the energy that fuels it. It takes energy to hold back energy, and the push and pull of that dynamic can dam up the flow of liver energy. The liver also has the task of providing juice for things that must be done, that are not part of our natural impulse, but are part of our responsibilities.

As social creatures we have to do things that are not always what we want to do as well as learn to put aside some of our natural impulses, since, for one thing, some of them are not socially acceptable. Having to do things that are not part of our natural impulse to life can help us to grow and evolve beyond the limitations of our own design, and they can function to mature our greater

understanding of the world beyond ourselves. In short it is not necessarily a bad thing in itself. The issue is balance. A poor balance, that does not allow for enough of our true impulse to life will create stress in the liver and can cause liver disfunction and disease, In the short term it may lead to exhaustion, the first stage of a lack of impulse to life. The lack of an immediate impulse to life can grow into a confusion or disconnect as to the purpose of life or a resentment toward life, as it seems to have no place for the person. Of course it 's pointless to blame life or blame others for having a more agreeable bargain. The problem is in the balance between "doing" what is true to our nature and "doing" what is demanded but not true to our nature.

When we don't allow for our own impulses to life, the liver gets dammed up and yes, than dam can explode into anger. It can be aimed at others, at ourselves, at the world, etc. It can take on physical expressions like smashing things about or it can take on philosophical expressions like being angry at the unfairness of the world or it can take on expressions of anger toward life and all of existence. These stages mark the deepening of an imbalance moving from a physical expression to a spiritual expression. There are many natural treatments for the liver but without understanding the dynamic it is hard to evolve or learn through our living experiences. And yes, for those who are wondering, if you demand on the liver unduly, through ingesting toxins or high trans and rancid fat diets, etc., your liver can get dammed up too and the personality of the liver will demonstrate itself. Other aspects of the "liver" personality are generous, lively, entertaining, optimistic, wild, and creative.